



Whether it's a quick meal on the run or prom night at an elegant restaurant, eating out has become part of our everyday lifestyle. With a little thought and planning, eating out can be fun...and healthy.

"You are what you eat"

Most teenagers make several stops a week at fast-food restaurants, which makes those meals a significant part of their total food intake. These meals on the run tend to make you lose sight of your total eating pattern and the bad habits you may be falling into. In addition, meals eaten away from home often fall short of nutritional needs. They can be:

- ♦ high in calories
- ♦ high in fat
- ♦ low in vitamins and minerals
- ♦ low in fiber



It is important to remember "you are what you eat" and all your meals have an impact on your health today and in the future.

Try to stay on target

Frequent eating out can easily lead to poor food habits that may be difficult to change. Having some guidelines and a plan in mind before making selections in a restaurant can help you enjoy a healthy meal out.



- ♦ **Eat a variety of healthy foods.** Try the salad bar or a baked potato topped with broccoli and cheese. Go for a grilled chicken sandwich. Variety is important in getting essential nutrients in the diet.
- ♦ **Drink milk in place of too many sodas.** It is very important to consume adequate milk during the teenage years because of

its high calcium content. Be careful not to replace the milk you need in your diet with too many sodas.

- ♦ **Be an avid fat detector.** Ask for nutrition information and then use it to make low-fat choices.
- ♦ **Pay attention to portion control.** Beware of the "urge to splurge" when eating out.
- ♦ **Know when enough is enough.** Pay attention when your body tells you you've had enough to eat.

Your best bets

Go for these "best bets" next time you are eating out:

- ♦ Choose veggie pizza.
Pepperoni and sausage are high in fat.
- ♦ Go for broiled burgers.
The fat drips off the burgers as they broil.
- ♦ Try a baked potato instead of fries.
Fries are high in fat and should be an occasional treat. Top the baked potato with veggies or salsa rather than butter or bacon bits.

- ♦ Try a grilled chicken sandwich.
It is a good alternative to higher-fat burgers and other breaded and/or fried sandwiches.
- ♦ Top your sandwiches and burgers with lettuce and tomato.
Avoid high-fat mayonnaise and bacon.

Food for thought: some comparisons

	<u>Grams of fat</u>
Double cheeseburger with bacon	39
Small hamburger with lettuce and tomato	9
Pizza with sausage and pepperoni (2 slices)	30
Cheese pizza with veggie toppings (2 slices)	18
Taco salad with shell	61
Bean burrito	14
Hot Wings (6)	24
Grilled chicken sandwich	4
Fries (deep-fried, large serving)	22
Fries (oven-baked)	9
Baked potato with salsa	0
Croissant with sausage and egg	39
Pancakes with margarine and syrup	9

Web sites related to EATING OUT:

The American Dietetic Association: www.eatright.org
Gwinnett County School Nutrition Program: www.gcsnp.org

GWINNETT COUNTY PUBLIC SCHOOLS SCHOOL NUTRITION PROGRAM

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